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Ford running out of help

Two more aides abandon Toronto mayor as website reaches goal to buy alleged evidence of crack use [PAGE 4](#)

SAYONARA, SODERBERGH?

AWARD-WINNING DIRECTOR SAID TO BE STEPPING AWAY DESPITE SUCCESS OF HIS LATEST FILM. METRO LOOKS BACK AT HIS LEGACY [PAGE 7](#)



HAIL THE CONQUERING HEROES

Members of the Goldeyes bullpen from their 2012 championship season — Ace Walker, left, Brian Beuning, Zach Baldwin and Chris Salamida — carried the team's American Association Championship banner across the field to be hung next to the scoreboard at the start of the Goldeyes' 2013 home opener against the Laredo Lemurs. For more, see page 13. SHANE GIBSON/METRO

Arrest made with silver screen speed

Alleged kidnapping.
Hotel manager says rapid takedown looked 'like making a movie'

The manager of a Manitoba hotel where an American accused of kidnapping his three-year-old son was staying says the arrest happened so quickly he doesn't think the man "even had a chance to blink."

Bernie Hiebert, who runs the Casablanca Motor Inn in Brandon, says local police swooped down on the hotel Sunday afternoon after the suspect's use of a credit card to check in apparently gave away his location.

"In a split second, there were five or six ... (police) cars that rushed into the yard," Hiebert recalled Monday. "Everything was like a 30-second Top Cop show. They went to the door and

the gentleman came out and they handcuffed him."

On Sunday, a man allegedly broke into the home of the suspect's estranged wife in Longmont, Colo., blasted her with a stun gun and pepper spray and kidnapped three-year-old Luke Turner.

Prosecutors in Colorado were working Monday to take custody of Monty Ray Turner, 51, who was being held on numerous charges, including kidnapping. A court order prohibits the father from contacting his wife and son.

Authorities said the child was unharmed and they were making arrangements to return him to his mother.

Hiebert said he was totally unsuspecting of the man and boy who checked into the Casablanca. He said he and the father exchanged chit-chat and Hiebert advised them on where to get a bite to eat.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



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St. Charles Hotel owner Ken Zaifman, right, shares a private word with Coun. Mike Pagtakhan after a city committee meeting on Monday. BERNICE PONTANILLA/METRO

Clock ticking on St. Charles Hotel

120 days. City issues derelict building certificate; owner expects building will soon be compliant



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

The future of the St. Charles Hotel remains uncertain despite a city committee's vote in favour of taking over the building and the owner's declaration that a sprinkler sys-

tem has been installed.

On Monday, members of the downtown development committee voted unanimously to issue a derelict building certificate for the property at 235 Notre Dame Ave., which means the City can begin accepting proposals for its redevelopment.

However, this decision also provides owner Ken Zaifman with another 120 days to become compliant with the city's order to install a sprinkler system.

Committee chair Coun. Mike Pagtakhan (Point Douglas) said his fear is that once

the sprinkler system is working, "he may just sit on that property and do nothing."

"I'm skeptical, I really want to see something happen in that building, it is the gateway to the Exchange District," added Pagtakhan after the meeting.

"The order has been in place since February, 2009, and we've been patient with Mr. Zaifman, we basically came to the end of our patience a few months ago."

For his part, Zaifman said he remains committed to redeveloping the 100-year-old property to rental units,

condominiums or hotel, "depending on what the market conditions allow."

"The sprinkler system has been installed, as I said, it hasn't been tested because there's no water to the building, we anticipate that'll be done and hopefully we'll be in compliance," he said.

Cindy Tugwell of Heritage Winnipeg said 120 days is still a long time and it's basically taken five years just to get a sprinkler system installed.

Asked if she thinks Zaifman will do everything he's promising to do, Tugwell added his "track record says no."

Councillors quibble

Report's mention of hotel demolition causes spat

A line in a city report referring to a potential demolition of the St. Charles Hotel ignited an argument between two councillors.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry) said the line in question — if no acceptable offer for the property is received, the public service will undertake to demolish the existing building — seemed like a "political decision."

Barry Thorgrimson, the city's planning director, said the inclusion of that line was "an oversight" likely due to the use of a template and there have been no political discussions related to this property.

When Gerbasi spoke again, she was interrupted by Coun. Scott Fielding (St. James-Brooklands), prompting her to say "Excuse me, I think some issues are important enough to take a couple minutes to talk about, Coun. Fielding."

BERNICE PONTANILLA/METRO

Downtown development

The Cube's lights back on

The chair of the downtown development committee said he's pleased with the recent improvements made to the oft-criticized Cube stage in Old Market Square Park.

Coun. Mike Pagtakhan said The Cube's lights began working properly again on Friday and a railing to the upstairs has been installed.

The report on the repairs states the south and east sides of the metal curtain will be raised by June 15. BERNICE PONTANILLA/METRO

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GSA kits

Gay-straight alliances get boost

The province is partnering with a Toronto-based LGBTQ rights group to develop resources to help Manitoba schools set up gay-straight alliances (GSAs) for their students.

Education Minister Nancy Allan says the move to team up with Egale Canada Human Rights Trust and create kits supports the province's Bill 18, which will require all schools to allow GSAs if students want to form a group.

"Every student in Manitoba deserves to feel safe and respected," said Allan. "Students cannot learn, they cannot reach their full potential if they feel threatened."

The kits, which Allan hopes to have ready by the 2013-14 school year, will be in French and English and include a step-by-step guide to setting up a GSA, tools for assessing school climate, and information on challenges frequently faced by LGBTQ youth and their families, among other information.

Egale Canada Human Rights Trust has already partnered with Ontario and Newfoundland and Labrador to create similar kits for kids in Grades 7 to 12, and Allan says the province will likely tailor its kits to the same age group.

SHANE GIBSON/METRO



Education Minister Nancy Allan, right, and Fort Garry MLA Jennifer Howard on Monday.

SHANE GIBSON/METRO



Manitoba Teachers' Society president Paul Olson hands out books to kids at the Teddy Bears' Picnic on Sunday, after MTS members voted this past weekend to lobby the province to better include same-sex families in curriculum.

SHANE GIBSON/METRO

Union backs more LGBTTQ inclusion

Resolution passed. Teachers' Society votes to lobby province for review of policies

The Manitoba Teachers' Society (MTS) has voted in favour of asking the province to review policies to make sure same-sex families and the LGBTTQ community are better represented in Manitoba classrooms.

The union's president, Paul Olson, says the resolution — which was supported by around 90 per cent of the society's 15,000 members at their 2013 AGM this weekend — doesn't ask the province to scrap current practices right away, but to consider societal changes next time a review is done.

"There really isn't much there at the moment to reflect the reality of the kids we're teaching, which is that we have

Other developments

- At the AGM, members also voted in favour of a resolution asking for all groups protected under the Charter of Rights and Freedoms to be better reflected in Manitoba classrooms.
- A third resolution passed by MTS members will see the union's members contribute \$1.5 million to the Canadian Museum for Human Rights.

a really diverse population (with) very diverse families," he said. "If you go into a typical school library, you go into a typical curriculum ... you're going to find things that are stuck around the whole Leave it to Beaver era."

The resolution comes just a few months after the province

unveiled Bill 18, its controversial anti-bullying legislation that would require all schools to allow gay-straight alliance groups. The bill has come under fire from religious schools that say allowing such groups would trample on their religious freedoms.

Olson says his union supports Bill 18, and the resolution goes hand-in-hand with the legislation. He notes his union also represents teachers who work at schools where Bill 18 is staunchly opposed, and he told Metro he welcomes debate on the subject.

"Those concerns have been expressed," he said. "But we're fundamentally talking about issues of inclusion — this isn't anti-religion, this is pro-child."

Minister of Education Nancy Allan says curriculum change can take years, but she's looking forward to discussing the resolution the next time she meets with MTS members.

SHANE GIBSON/METRO

Nominees wanted. Liberal leadership race kicks off

The hunt for a new Manitoba Liberal leader officially began Monday with the troubled party looking to bounce back from years in the political wilderness.

Nominations opened for a five-month contest that is to be decided at a convention in Winnipeg on Oct. 26. No candidates filed on the first day, but a party spokesman said he expects four

or five people to enter at some point.

Business consultant and author Robert Young has already announced he will run.

Bob Axworthy, who ran in a byelection last year and finished second in the Fort Whyte constituency in Winnipeg, said he is still considering whether to run.

The new basketball court and skate park will be built

THE CANADIAN PRESS

Transit Tuesday



Weekly Transit News Update

COMMUTER CHALLENGE STARTS NEXT WEEK

Starting June 2 to 8, don't miss your chance to join thousands of fellow Manitobans by green commuting to work. Commuter Challenge encourages individuals and workplaces to explore greener transportation options for personal, environmental and community health. Register as either an individual or together with others from your workplace. Commuter Challenge is easy... just walk, run, cycle, skate, paddle, bus, carpool, telecommute or participate in any form of green commuting. Plus, there are plenty of chances to win some great prizes! Last year over 6,000 employees at 233 workplaces across Manitoba participated in this annual, friendly competition and logged approximately 600,000 "green" kilometres. The Commuter Challenge starts June 2 so you still have time to register. Visit greenactioncentre.ca for more info or call 204-925-3775.

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More staffers jump ship amid crack scandal

Toronto. Meanwhile, Gawker has \$200,000 to buy supposed evidence — if it can find the seller

Toronto's Rob Ford lost two more senior members of his staff Monday, leaving the already beleaguered mayor with an increasingly depleted office

as he attempts to quell a still-raging crack cocaine scandal.

The departure of Ford's press secretary and his deputy came days after his chief of staff and the mayor parted ways, but Ford insisted it would be "business as usual" at city hall.

Facing reporters, Ford would only say George Christopoulos and Isaac Ransom had "decided to go down a different avenue." He refused to talk about the

circumstances, saying he never discusses "personnel issues."

Meanwhile, the website Gawker hit its \$200,000 fund-raising goal to buy the video that started it all, which allegedly shows Ford smoking what looks like crack cocaine.

However, whether the site would be able to get its hands on the video and post it publicly as promised remained unclear. Editor John Cook indicated

Monday he was still having difficulty finding the seller.

In a post from last Thursday, Cook explained how he had lost all contact with the unnamed owner — a "presumably frightened and skittish" drug dealer.

Gawker has promised to donate the money to a Canadian non-profit that deals with substance abuse if the deal were to fall through. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford says he's "soldiering on." **CHRIS YOUNG/THE CANADIAN PRESS**



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G20. Lack of evidence puts hurt on cop brutality case

The first trial of a Toronto police officer facing criminal charges in the G20 protests is focusing on photos and video of one man's arrest, though none captured the moment he says he was hit with a riot shield.

Dorian Barton, whose shoulder was broken on June 26, 2010, had gone to the legislature to scope out the scene.

A line of police officers had formed to the south of him, and as he was facing east taking pictures he was hit from behind, Barton said.

A witness, Andrew Wallace, said he saw Barton, 32, getting "charged" by a police officer, who hit Barton with his shield, knocking him over, and then struck Barton with his baton.

"It was disgusting," he testified. "A police officer who, with



Const. Glenn Weddell
TORSTAR NEWS SERVICE

no provocation ... charged an unarmed person."

Const. Glenn Weddell has pleaded not guilty to assault causing bodily harm and assault with a weapon. His lawyer has said that the only contact Weddell had with Barton was to help him up after he tripped.

THE CANADIAN PRESS

Alleged honour killing

Family terrorized slain woman: Ally

A B.C. woman whom Indian authorities believe was the victim of an honour killing planned in Canada 13 years ago spent her final months in fear of her family, her friends testified Monday at the extradition hearing of her mother and uncle.

Jaswinder Sidhu was found dead at 25 in India.

Her mother and uncle are facing extradition to India on conspiracy charges for allegedly unleashing the attack on the woman and her lower-caste husband.

At one time, Sidhu arranged a code with co-worker Jody Wright, one of her few confidants, that would initiate a call to police. Wright said she made that call twice.

"The code word was, 'I'm sick or I have the flu.' That was my trigger to call the cops because she was locked in her bedroom," Wright told the court.

THE CANADIAN PRESS

United Kingdom

10th arrest made in street slashing

British police arrested a 10th suspect Monday in connection with the vicious street killing of a soldier in London, apparently an Islamic extremist attack.

The 50-year-old man was detained in Welling, east of London, on suspicion of conspiring to murder Lee Rigby, Scotland Yard said. Police gave no further information.

The arrest came along with more details about one of the two main suspects, who were shot by police.

Officials say the pair had been known to them for some time, but revelations that one, Michael Adebolajo, had been arrested in Kenya in 2010 — and claims that security officials had tried to then recruit him as an informer — have fueled questions about whether authorities could have done more to prevent last week's killing.

THE ASSOCIATED PRESS

Prospect of U.S. border fees divides states

Proposed study.

Opposition to levies is strong in communities close to 49th parallel, but folks near Mexican border feel differently

By Michael Hill's estimation, 90 per cent of the people pumping gas at his station just south of the U.S.-Canada border in Washington state are Canadians.

Gas north of the 49th parallel, he said, is about \$1.30 per

gallon more expensive than in the U.S. But that's not the only product Canadians seek in visits to the state: Beer, wine and milk are significantly cheaper.

Add a strong Canadian dollar and the result is a key element of the economy in the towns of Whatcom County.

That's why Hill and others are troubled by the notion of charging a fee to enter the U.S. by land. Last month, in its 2014 fiscal year budget proposal, the Department of Homeland Security requested permission to study a fee at the nation's land border crossings. That sparked

Quoted

"(A border fee would be) a deterrent. They should be doing anything they can to get (Canadians) down here to buy more."

Michael Hill, who runs a gas station just south of the border in Washington state.

wide opposition among members of Congress from northern states, who vowed to stop it.

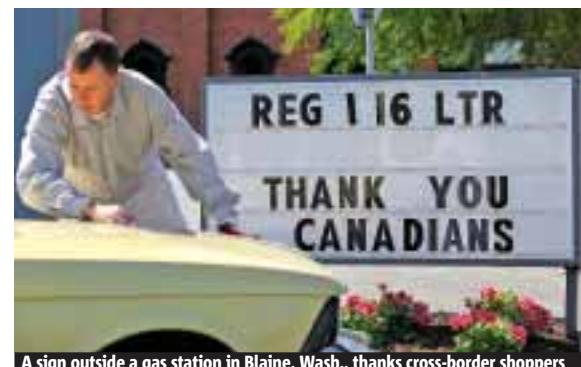
Lawmakers and people from

the southern border, though, did not show such strong opposition, highlighting a north-south divide on how to pay for border infrastructure.

Democrat Congressman Ruben E. Hinojosa, who represents a district in Texas that includes McAllen and its nearby border region, said fees would be good if the revenue stream is used to improve infrastructure.

It now costs nothing to enter the U.S. by land. Air and sea crossings already have a fee of under \$2 US, which are included in ticket prices.

THE ASSOCIATED PRESS



A sign outside a gas station in Blaine, Wash., thanks cross-border shoppers for their business. THE ASSOCIATED PRESS FILE

Porter. Both sides predict a win in T.O. jets fight



Bob Deluce, CEO of Porter Airlines
THE CANADIAN PRESS FILE

Both sides in the battle over whether to allow jets to fly out of Toronto's waterfront airport say they are confident that they will ultimately prevail.

Porter Airlines CEO Robert Deluce believes municipal politicians will give their nod because Porter's plan addresses the technical issues that concern most people.

"I think that we have an excellent chance of getting the required approvals that would allow these whisper jets to start operating by as early as January 2016," he said.

Toronto Coun. Adam Vaughan said he's equally sure that his colleagues will reject the effort when it comes back for a final vote. He said it would be very difficult to restrict the airport to just one type of jet. THE CANADIAN PRESS

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Manitoba 

New Yorkers learn to share

Tourists pose for photographs by a bicycle-docking station near the Empire State building on Monday in New York City. The privately funded Citi Bike bike-share program launched Monday with 6,000 bikes at 330 docking stations in Manhattan and parts of Brooklyn.

FRANK FRANKLIN II/
THE ASSOCIATED PRESS



GE bets billions on fracking

One of America's corporate giants is investing billions of dollars in the new boom of oil and gas drilling, or fracking.

General Electric Co. is opening a new laboratory in Oklahoma, buying up related companies, and placing a big bet that cutting-edge science will improve profits for clients and reduce the environmental and health

effects of the boom.

"We like the oil and gas base because we see the need for resources for a long time to come," said Mark Little, a senior vice-president. He said GE did "almost nothing" in oil and gas just over a decade ago, but has invested more than \$15 billion US in the past few years.

THE ASSOCIATED PRESS



Workers tend to a well head at a fracking operation in western Colorado. THE ASSOCIATED PRESS FILE

Montreal

SNC-Lavalin offers 'amnesty' to whistleblowers

SNC-Lavalin Group Inc. is making a limited-time offer of "amnesty" to those at the company who are willing to report on corruption.

The company, which was hit by allegations of bribery and fraud last year, said Monday that it won't seek damages or unilaterally fire employees who voluntarily report violations of its code of ethics.

"Amnesty programs are known to be highly effective means of getting to the bottom of ethics and compliance issues in large organizations," said Andreas Pohlmann, SNC's chief compliance officer.

THE CANADIAN PRESS

Market Minute

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Natural gas, Dow Jones:
Closed for U.S. holiday

FORGETTING FACES IS THE PITT'S

If you're ever lucky enough to meet Brad Pitt face-to-face, you should know that he'll probably forget you right away. And it's not just because he's Brad Pitt the movie star who meets hundreds of new people on a weekly basis, it's because he might be 'face blind.'

In a recent interview with Esquire magazine, Pitt revealed that he believes he has prosopagnosia, a medical condition which makes it almost impossible for him to remember the faces of the people he meets. And while it might sound like a convenient excuse for an egocentric movie star's forgetfulness, this facial recognition disorder is actually surprisingly common—ffecting about one in 50 people with varying degrees of severity.

But what about the rest of us?

A little memory lapse is forgivable every once in awhile, but I think there's something inherently arrogant about individuals who make little effort to remember other people. For most of us, recognizing familiar faces isn't the main



SHE SAYS
Jessica Napier
metronews.ca

issue—it's trying to remember names.

We've all found ourselves in that awkward situation: You see an acquaintance at a party and attempt to gauge whether or not they remember you while racking your brain to recall their first name. Eventually you're introduced to one another by a mutual friend and both awkwardly pretend that you're meeting for the first time. It seems to be an unspoken social rule that it's better to play dumb than actually admit you don't know each other's names.

From professional networking events to impromptu run-ins with high school classmates, forgetting someone's name can be an embarrassing blunder for everyone involved. It's hard to say whether it feels worse to be the nameless individual who can't seem to make a lasting im-

pression or the jerk who can't be bothered to remember other people's names.

Whenever I hear someone quip, "Sorry, I'm so bad with

names," I can't help but think that what they're truly saying is, "I won't be making an effort to think about you after this conversation." Sure you might make excuses about being hopelessly forgetful, but an inability to recall names does reflect your interest level in others—at least to some degree. If you aren't particularly concerned with developing interpersonal relationships, you'll be less likely to remember if your neighbour's name is Laura or Lauren.

People who are "good with names" aren't just well-mannered; they're attentive listeners with a higher level of investment in their social circles. And it's not just about winning friends; some of the most successful businesspeople are the ones that have a knack for names and memorizing details about their clients and customers.

There's no doubt first impressions are important and although it might seem like a small detail, remembering a name is one of those vital social graces that can make or break a relationship with a new(ish) acquaintance.

Unless you're Brad Pitt of course; I'd be happy to forgive him for forgetting me.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Passing the Olympic torch



Olympic pride returns home

Mark Tewksbury received the torch in Athens, Greece, in 1996, when he took part in a ceremony commemorating the centennial of the Summer Olympics. After the event, each athlete was presented with a torch to take home. METRO

The archives

The Canadian Lesbian and Gay Archives (clga.ca) is a repository for books, documents and other material related to the LGBT community in Canada.

In tomorrow's Metro, we take a look at out athletes playing in community leagues and some of the challenges they face, as well as speak to Olympic hockey champion Sarah Vaillancourt.

Coming out sparks LGBT donation

Mark Tewksbury, winner of the gold medal for the 100 metres backstroke at the 1992 Summer Olympics in Barcelona, Spain, donated an Olympic torch in support of Come Out and Play, the gala fundraiser in support of the

Canadian Lesbian and Gay Archives and OutSport Toronto.

"I wanted something to represent that moment in history," said Tewksbury, who came out in 1998, adding that, in a way, this is about passing the torch to a new generation of LGBT athletes. METRO

Momentum

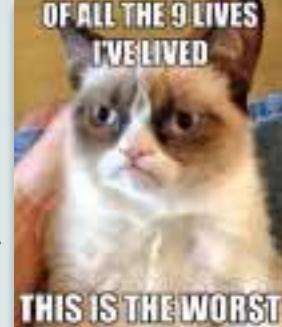
"It's starting to pop again."

Mark Tewksbury, Olympian, said of athletes coming out and referencing the recent announcement by professional basketball player Jason Collins that he is gay, and out soccer player Robbie Rogers making his Major League Soccer debut with the Los Angeles Galaxy last week. Tewksbury's advice to athletes trying to decide whether to come out: "Do it in your own time."

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

Click bait  **ANDREW FIFIELD**
andrew.fifield@metronews.ca

I hate to be the bearer of bad news, but somewhere out there lurks an unflattering photo of you. Of all of us. Which means we're all one dry joke written in impact font away from becoming an unwitting Internet meme. Just ask these three, who eventually learned to embrace their, um, fame.



Scumbag Steve:
Clad in questionable fashion while leering through an open door, Blake Boston became the perfect stand-in for boorish, selfish behaviour. But, when he finally got wise to his fame he handled it like Good Guy Greg. @BlakeBoston617

stare of unhealthy devotion that became a touchstone for anybody who has dealt with a partner's warped definition of "caring." But don't be fooled, she actually seems lovely. @laina622

Grumpy Cat:
So, saying Grumpy Cat is handling her fame well would perhaps be giving too much credit to the emotional range of your standard house cat. But then again, how would you be able to tell? @RealGrumpyCat

Twitter

brewed cup of Tim Hortons coffee!!!

@metropicks asked: Canadians are making a stink over maple syrup-scented bills. How would you like money to smell?

@the polishviking: like fresh cut greens, of course

@kerbizz: like money!! \$

@CHFIErin: How would I like \$100 bills to smell? Just like the inside of my purse, for starters!

@Hockeyangel10: Like a freshly



@mattsnothere: My cash usually smells like futility and sadness. So anything that's not that.

@karen_dorward: Bacon! So I can literally bring home the bacon. :)

Follow @metropicks and take part in our daily poll.

So, you think you know Soderbergh?

Career in review.

There are whispers the filmmaker has had his final hurrah — so what better time to look back on his Hollywood legacy?

MATTHEW PRIGGE

Metro World News in New York

Behind the Candelabra, starring Michael Douglas as Liberace and Matt Damon as his younger lover, premiered Sunday on HBO Canada. Most of the coverage, inevitably, has revolved around two major male stars playing gay together, as well as Douglas' spot-on impersonation as the flamboyant (and closeted) pianist.

Somewhat under reported is that this is the alleged final film of Steven Soderbergh, the storied and award-winning director who, among many other things, helped breathe life into both independent and mainstream American cinema.

Soderbergh had threatened to retire a few years ago, citing exhaustion with the movie business, and even with moviemaking itself. His plan is to concentrate on painting and maybe do some TV. It's very possible (or we're simply hoping) this is a Jay-Z-style "retirement" — a sabbatical/mental health break that will set up a triumphant return to the medium he conquered. But for now, Candelabra is his swan song.



Soderbergh has had highs and lows in his career. GETTY IMAGES

(Although if you really want to be a stickler, *Side Effects*, his last film released theatrically, is his farewell to cinema. But *Candelabra* is currently in competition at the Cannes Film Festival.)

In honour of this perhaps non-ending to what we feel has been a fantastic and thrilling career, filled with

excellent and experimental work that flexed the muscles of what mainstream (and underground) film can do, we've decided to round up a handful of amusing tidbits about the director that might have flown over many people's heads.

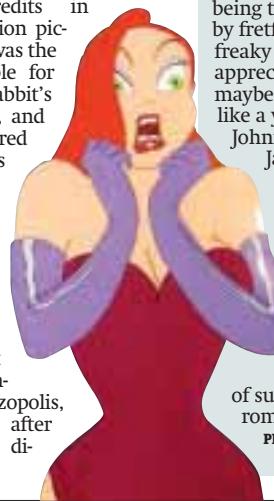
His first film was a Yes

concert documentary

Soderbergh was only 26 when his debut fiction feature, *Sex, Lies and Videotape*, won the Palme d'Or at Cannes. Young as that seems — and he was the youngest director to have a film win the festival's top prize — it wasn't his first. That would be *Yes 9012Live*, released in 1985, and featuring lots of then-cutting-edge video editing effects as the prog rock legends played one of their most popular albums. (It's the one with *Owner of a Lonely Heart*.) Released on video, it was even nominated for a Grammy. It still took him another four years to get a real feature off the ground — but it's OK because he was still only in his mid-20s.

His ex-wife was the body double for Jessica Rabbit

Till 1994, Soderbergh was married to Betsy Brantley, an actress who has two minor credits in major motion pictures: she was the body double for Roger Rabbit's curvy wife, and she was Fred S a v a g e ' s mother in *The Princess Bride*. B r a n t - ley also p l a y e d his wife in the no-budget 1996 comedy *Schizopolis*, two years after they were divorced.



DVD reviews



Beautiful Creatures

Director. Richard LaGravenese

Stars. Alden Ehrenreich, Alice Englert, Viola Davis

•••••

A momentous life change awaits Lena Duchannes (Alice Englert) upon her 16th birthday: She'll officially become a witch or simply remain a bitch. The terminology in *Beautiful Creatures*, a movie of heaving bosoms, hearty winks and atrocious southern accents, is that Lena will be "claimed" by family voodoo and involuntarily turned Dark (extremely witchy) or Light (merely bitchy). You might well argue there's not much difference between the two, and that's certainly the view of Lena's erstwhile boyfriend Ethan Wate (Alden Ehrenreich), who is tired of being treated as a doormat by fretful Lena and her freaky kinfolk. But Ethan appreciates absurdity, maybe because he looks like a younger version of Johnny Knoxville from *Jackass*. So does the movie, written and directed by Richard LaGravenese (P.S. I Love You), which makes this inevitable attempt to fill the post-Twilight void of supernatural teen romance easy to take.

PETER HOWELL

2
SCENE

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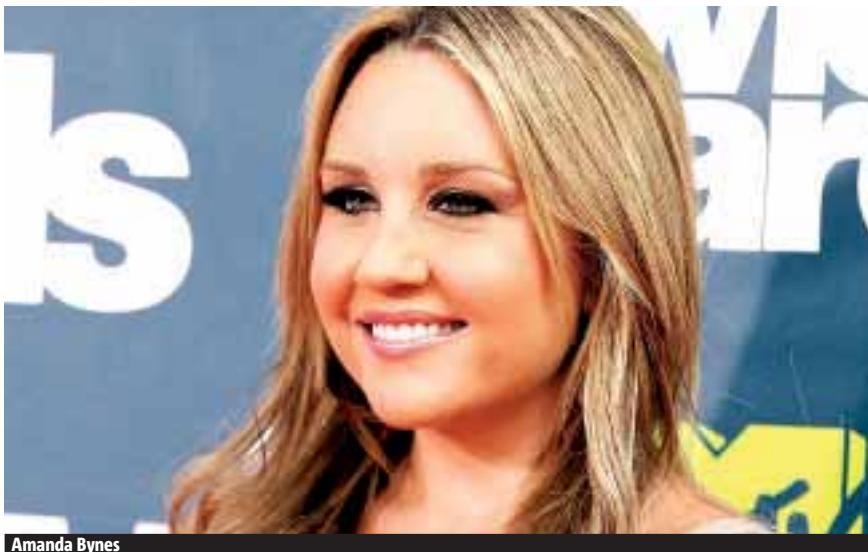
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Amanda Bynes

Bristling Bynes tries to rile Rihanna while letting off steam on Twitter

Amanda Bynes is on the warpath, taking to Twitter to blast media outlets that reported on her recent arrest and start trouble with pop star Rihanna.

Bynes tweeted directly at the singer with the shocking, "Chris Brown beat you because you're not pretty

enough." She followed that up with, "I almost named my new dog Rihanna." She later deleted all posts related to the singer. As for the media, responding to E! News' report that she'd thrown a bong out her apartment window before being arrested, Bynes tweeted: "Nothing

was thrown out the window! They asked if a vase was a bong, to which I replied no, that's a vase. "Stop writing pathetic articles about me! E! isn't run by beauty queens like me! I've met you all! You're a bunch of drug users and alcoholics! I don't drink or do drugs!"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Pattinson packs up—pooches and all—and moves out of casa del K-Stew

Robert Pattinson spent Memorial Day weekend moving back into his own home, a Spanish-style villa

similar to ex-girlfriend Kristen Stewart's and only a few miles away in the Los Feliz neighbourhood of L.A., according to TMZ. He was spotted last week removing belongings—as well as his two dogs—from Stewart's nearby home, which the two had been sharing. Stewart, meanwhile, was caught off-guard by a swarm of paparazzi in an underground parking garage this weekend and responded with a pair of middle fingers.

Twitter



@ChloeGMoretz
Hell yeah Disney Land



• • • •



@TomArnold
A nice glass of wine can make any meal a relapse.

• • • •



@AnnaKendrick47
No Game of Thrones this week. So, I'm just gonna go back to sleep for another 7 days.

• • • •



Damon Lindelof

Damage control for Star Trek writer

Star Trek Into Darkness writer Damon Lindelof is doing damage control after waves of criticism over a shot in the film of actress Alice Eve in her underwear. "I copped to the fact that we should have done a better job of not being gratuitous in our representation of a barely clothed actress," he wrote on Twitter. "We also had Kirk shirtless in underpants in both movies. Do not want to make light of something that some construe as misogynistic. What I'm saying is I hear you, I take responsibility, and will be more mindful in the future."



Roman Polanski

Polanski takes a pop at the Pill

Roman Polanski isn't necessarily a fan of birth control, complaining during a press conference in Cannes for his new film, Venus in Furs, that the Pill has had a "masculinizing" effect on women. The 79-year-old director says the Pill has "changed the place of women in our times." He also gripes that moves toward gender equality are having a negative impact on chivalry, noting that "offering flowers to a lady" has now become "indecent." Polanski's wife, Emmanuelle Seigner, stars in Venus in Furs as a strong actress dominating her director during the production of a play.

Without protection, summer paradise can be a nightmare

Summer health.

Check your body — and your SPF — to stay safe this summer when you're having fun in the sun

Even though skin cancer can be as deadly as breast or any other cancer, people still take chances with sun and tanning bed exposure. Every year, there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined, according to The Skin Cancer Foundation.

We had Dr. Sarah Gora, medical and scientific relations leader at Vichy Laboratories, and Dr. Ellen Marmur, a board-certified dermatologist and member of the American Academy of Dermatology, give us the lowdown on staying healthy.

Are people wearing enough sunscreen?

"No, most people don't, and most people apply sunscreen too thinly. At Vichy we recommend using half a teaspoon for the face and at least 30 ml (the equivalent of a golf ball) for an adult body," says Gora. A good general rule, she adds, is to reapply every two hours of sun time. If you're swimming and perspiring apply more often. "(People) forget about their ears, their neck, the back of their hands, parts of their

Tanning beds

Did you know?

- **Get out of the bed.** Just one (one!) session in a tanning bed ups your risk of melanoma by 20 per cent, according to The Skin Cancer Foundation.

Metro's pick

- **Hate the greasy feel of sunscreen?** Vichy Capital Soleil Sheer Lotion SPF 45 Bare Skin Feel (\$29.95) is designed to feel light on the skin, with a non-oil or sticky finish.



feet, their scalp and their lips. And if you can't reach it, have someone apply sunscreen there for you."

What SPF should we all be wearing?

"The choice of the SPF index (UVB only) depends on your skin's phototype and the sun exposure length and intensity. If your phototype index is low (fair skin), it requires a higher SPF index," says Gora. "Intense exposure to sun, such as a day on the beach, also requires a higher SPF index and a protection against UVA. For a weak sun exposition and



Lather up before you lap up those rays. ISTOCK PHOTOS

for the average person, we recommend a minimum SPF index of 30."

Seriously, stop tanning

"Tanning beds are known to increase the risk of skin cancers by 75 per cent," Marmur says. "No one should use them."

Can you please explain the difference between UVA and UVB?

"From sun radiation, we receive ultraviolet (UV) rays A and B (UVC are globally stopped by the ozone layer). UVB (five per cent of UV rays) are well-known to be responsible for tan and sunburn, but they are also involved in skin cancer

development," says Gora. "UVB rays do not cross through glass and are partially absorbed by cloud. Therefore they are mainly present during the summer and between 10 and 2 p.m. UVA (short and long) represent 95 per cent of the UV radiation received. They are not blocked by glass and they are responsible for immediate pigmentation, skin aging, sun intolerance and skin cancer. Long UVA, the most prominent UV rays (75 per cent of UV rays) penetrate deeply into the skin and are responsible for many damages in the skin with a build-up and long term effects."

LINDA CLARKE AND METRO

Superstar support

Landon Donovan on why sunscreen matters

Landon Donovan has won titles on the pitch, but now he's trying to help out off it.

"I've spent most of my life playing soccer outdoors, but I wasn't always diligent in applying sunscreen. That all changed when my father discovered a bump on his eyelid that turned out to be skin cancer. My father was lucky to have caught it early. He's now cancer-free. Many men overlook the importance of sun protection. In 2012, The Skin Cancer Foundation found that nearly half of men don't wear sunscreen. So, I've partnered with The Skin Cancer Foundation and the makers of Banana Boat and Hawaiian Tropic sunscreens to educate men on the risk and how they can protect themselves. Visit sunblunders.com to learn more."



Landon Donovan. GETTY IMAGES

3
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Avoid allergen triggers to keep guests safe when barbecuing this summer

Summer health

safety. Don't wait for the worst to happen, make sure you ask your guests before you serve up some bbq

When it comes to summer barbecues, one allergy expert says it's wise to ask guests about food sensitivities long before you fire up the grill.

"Have that conversation with them before they come about what options would be good for them, what alternative choices might be good for them," says Marilyn Allen, a food allergy and anaphylaxis consultant.

"The goal would be to either avoid those allergens in your menu, in your recipes, or to make a separate plate or separate serving for the person who's allergic."

Anaphylaxis is a potentially life-threatening allergic reaction that can take place within seconds or minutes after exposure to an allergen.

Allen's daughter Robyn died at age 15 in 1990 when she ingested a microscopic amount of peanut butter that was transferred from a knife to the butter that Robyn later spread on bread.

Since then, Allen has lobbied Health Canada to change food labelling and helped author a new training manual called Allergy Training Basics for the Foodservice and Food Retail Industry, published and distributed by Anaphylaxis Canada and TrainCan Inc.



Make sure your bbq is a success by being a pro-active chef. ISTOCK PHOTO

Last August, new rules came into effect requiring manufacturers to clearly identify the presence of ingredients that could cause an allergic reaction. Health Canada lists 10 priority food allergens in the regulations, in-

cluding peanuts, eggs, milk, mustard, tree nuts, wheat, soy, sesame, seafood (fish, crustaceans, shellfish) and sulphites (a food additive).

"There's complications in so many things, what I call the hidden trap, that really

have to be looked at," Allen said from her home in Pufferlaw, Ont., south of Lake Simcoe.

Mustard seeds found in relish, spices, prepared mustard and marinades can be a problem for those with aller-

gies, for example. Soy sauce can include wheat while ketchup may contain barley, which can affect those with a wheat allergy.

A traditional potato salad, meanwhile, could include eggs, mustard, mayonnaise

Better safe than sorry

"The goal would be to either avoid those allergens in your menu, in your recipes, or to make a separate plate or separate serving for the person who's allergic."

Marilyn Allen
A food allergy and anaphylaxis consultant.

(milk and eggs) or sour cream (milk) used by some to thin mayonnaise.

Desserts can contain tree nuts, peanuts, soy, milk and egg.

"I always make a full master ingredient list," Allen says. "Sometimes I just keep the labels of prepackaged foods, but I do keep those lists, and then I make little individual signs with the ingredients and I set it in front of each plate so that my allergic guests can make a safe choice and there's no fuss or bother."

Despite taking precautions, accidents can happen so be prepared for a quick response, she adds.

"I would say to the guest they should always carry their auto injector with them and they should make sure the host knows where it is and how to use it."

Epinephrine is easily administered with an auto injector. Then call 911. It might be necessary to inject a second time within five to 15 minutes because two doses may be needed if the reaction continues or worsens.

THE CANADIAN PRESS

Best Health

New hope for MS patients



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

May is Multiple Sclerosis Awareness Month, and there's good news in the current issue of Best Health. A drug that was previously used to treat a type of leukemia has been found to benefit patients with early

MS — both those who have not yet been treated for MS and those who did not respond to the first drug they were prescribed.

According to the results of two phase III clinical trials published in the journal The Lancet, the drug, called Alemtuzumab, reduces the number of relapses experienced by MS patients, when compared to a drug commonly used to treat MS called interferon beta-1a (Rebif).

In one two-year study, 65 per cent of patients on Alemtuzumab remained

relapse-free, compared to 47 per cent of patients on interferon beta-1a.

However, adverse events were higher in the alemtuzumab group.

It's not yet known when, or if, the drug may become available for Canadians, but the MS Society of Canada is monitoring activities related to alemtuzumab and will provide updates on its website (mssociety.ca).

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Shellfish Kabobs are easy as presto, or in this case, pesto



This recipe serves four and contains 229 calories and 11 grams of fat per serving. BRIAN MACDONALD, ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
For more, visit
rosereisman.com or follow
her on Twitter @rosereisman

These shellfish kabobs make a great appetizer or an entree when served over rice or couscous. If shellfish isn't what you like, fish such as salmon and halibut are equally delicious. Feel free to use any combination of vegetables (as in the photo).

If you're using wooden skewers, soak them for at least 20 minutes in water before barbecuing.

1. Thread the scallops, shrimp and tomatoes evenly onto 4 large or 8 small skewers.

2. To make the pesto, purée the basil, Parmesan, pine nuts, cream cheese, garlic, stock and oil in the bowl of a small food processor until smooth. Brush half the pesto

Ingredients

- 8 oz medium scallops
- 8 oz peeled and deveined large shrimp
- 16 cherry tomatoes (or a combination of bell pepper and red onion)
- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 2 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp low-sodium chicken stock or water
- 2 tbsp olive oil

over the kabobs.

3. Preheat a grill to high, or spray a non-stick skillet with cooking oil and place over high heat. Grill or sauté the kabobs on both sides just until cooked, about 5 minutes. Serve with the remaining pesto. ROSE REISMAN'S **COMPLETE LIGHT KITCHEN** (WHITECAP BOOKS) BY ROSE REISMAN

These moms curse a lot, drink to excess, reveal scary truths and draw twisted little stick figures of their kids pooping and whining relentlessly. And they're bringing their derelict parenting to you. The authors behind a fresh round of parenting books love their munchkins, to be sure, but there's something about the scorched earth narrative that sells memoirish parenting books these days. Is the goal an instructional one? Inspirational? How about some advice?

THE ASSOCIATED PRESS

Four ways to get fresh parenting advice

Scary mommy

Jill Smokler's *Scary Mommy* certainly can't do it all. *Motherhood Comes Naturally (And Other Vicious Lies)* is her second spin off of her popular blog and parenting community at *Scarymommy.com*. The first was *Confessions of a Scary Mommy*. The 35-year-old mom of three, including boys just 20 months apart, has noticed a difference in exactly how much filth and frustration parents are willing to reveal in the five long years since she first put up her blog.

"There wasn't this acceptance about being this sort of less-than-perfect mother, but all of a sudden it feels like that is becoming the norm rather than the exception," said Smokler, in Baltimore, Md. "There came a tipping point where everybody just couldn't keep up that facade anymore and there was just a backlash, and here we are."



No advice

"No, there isn't any. I don't have anything. No advice. Nobody has any advice," laughed Amber Dusick, a Los Angeles mother of two who brings us *Parenting: Illustrated with Crappy Pictures*. The book's 50 "crappy laws of parenting" include this at No. 16: "When you sneak to the pantry to eat chocolate, you will get caught."

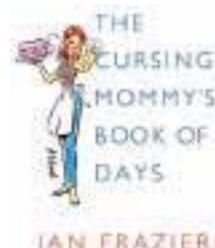
Dusick, whose boys are six and three, began blogging nearly two years ago. Her childlike drawings lend a creepy air to life with the Crappy family, including that fateful day when they all get sick. Temps and temperatures flare, and bodily fluids fly all night, brought alive by her hollow-eyed illustrations.



The expletive-infused parent

Ian Frazier's popular cursing mommy character from his columns in *The New Yorker* now has her own novel called *The Cursing Mommy's Book of Days*, a diary of dereliction spread over a year of boozing, bad parenting and expletive-infused mockery of a capacitor-hoarding husband named Larry.

There's this entry for Wednesday, April 13: "Yes, lying in a steaming tub with a bottle of Kahlua and ignoring the children's knocks on the bathroom door all afternoon is not the most mature coping strategy. So stipulated, your honour!"



Can you do it all?

"We've opened up the dialogue," offered Nicole Knepper, who has two kids and wrote *Moms Who Drink and Swear*, complete with a chapter titled, "Suck it, Santa Claus."

"People have really found ways to be more authentic about who they are and how it affects us as parents. My mom's generation, they did a lot of pushing down their own interests and their own personalities because they were all about the kids, and this was their job and their focus, whereas my generation (She's 43 and lives in Plainfield, Ill.), the expectations are different. You multi-task. You do it all, only nobody can do it all well."



Health Solutions

Vinegar isn't just for windows



NUTRI-BITES

Theresa Albert
DHN, RNCP
myfriendinfood.com

flavour and colour." Sounds a lot like fine wine and not something you sprinkle on fries.

• Snazzy cocktail makers are using a splash in drinks

• Salads benefit from a finer, less sharp, richer vinegar

• Many swear by a teaspoonful of apple cider vinegar for indigestion

• A splash of vinegar in a broth helps remove more calcium from bones to the liquid

• Boil down a cheaper vinegar to intensify its flavour and use as a drizzle

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM





The first time is special — when it comes to home ownership. ISTOCK IMAGES

Are you going to get into your dream home?

Money. Prospective homeowners faced with challenges previous generations didn't have — but it's not all bad news



There are a few million millennials dying to have a home of their own.

However, despite record low interest rates, they're confronted with huge challenges not faced by previous generations.

Aside from anything else, research is clear that young buyers are earning relatively less than their parents did

with reduced job security and fewer benefits regardless of education.

The good news is the real estate market is softening. Sales volumes are declining and unsold inventories are building, historically both are precursors of lower prices.

For example, the Halton Region is a desirable community served by rapid transit just outside Toronto. According to real estate and mortgage agent Domenic Manchisi, residential inventory stood at 1.9 months a year ago. It's now 2.6 months, meaning if no other properties came on the market it would take that long to sell everything.

"When inventories reach about four and a half months we're slipping into a buyer's market," he says.

It's still a far cry from 2009 when there was 7.5 to eight months of inventory in Halton. However, there are clear

signs across the country that the trend is similarly tilting in favour of house hunters.

The toughest part of buying for newbies is the down payment. Manchisi advises buyers to focus on carrying costs, which are relatively lower than they were for their parents.

TD senior economist Sonya Gulati points out that 1988 average house prices were just under \$130,000 in Canada. Today they are just more than \$361,000.

Assuming a typical 10 per cent down payment, millennial parents had monthly mortgage costs of \$1,310 with an interest rate of 12 per cent. Today, at a three per cent fixed rate and with a 20 per cent down payment (required to avoid mandatory mortgage insurance) the monthly outlay would be \$1,391. (Bear in mind today's dollar has considerably less buying power

In numbers

5.4%

Canadian residential home prices grew by an average of 5.4% annually from 1980 to 2012.

than it did in 1988.)

"Young buyers should look at a five-year closed rate at around 2.9 per cent, but I'd be accelerating my payments as if it was four per cent," Manchisi advises.

Manchisi refinanced his rental properties when rates plunged but kept the payments at 5 per cent.

"I shaved six or seven years off the life of the mortgages and will end up saving \$90,000."

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Make a difference with socially responsible investing

If you regularly watch the evening news, you likely have seen stories about social activism and massive protests in support of issues like the environment. Not only are protesters trying to communicate directly with the public, they are also asking some corporations to change.

These are noble causes that sometimes involve a level of personal risk. Another way of exacting change is by working with companies

from the inside. In other words: investing in them.

According to Rosalie Vendette, senior advisor in socially responsible investment (SRI) with Desjardins Group, SRI is an emerging field that is still defining itself.

"It's really about engagement, not activism," says Vendette. "An engaged investor seeks to persuade management to adopt more responsible environmental, social and governance practices."

tices. A common way to sway management is to draw attention to these concerns through direct dialogue. While consumers have the power to decide whether or not to buy a product, investors wield their power in a much more strategic manner. For example, companies that fail to address the environmental impact of their operations can do serious damage to both their public image and their pocketbook. Conversely, companies that

Quoted
"An engaged investor seeks to persuade management to adopt more responsible environmental, social and governance practices."
 Rosalie Vendette

reduce their environmental footprint see their stock rise in more ways than one."

Interestingly, there remains a perception that SRIs yield lower returns because performance may be sacrificed in favour of principles.

"In the medium to long term, SRI criteria have little impact on fund performance," says Denis Dion, product manager with Desjardins Investment Fund Development Department. "A study of American funds published in the Journal of Investing found that over an 18 year period, an index of 400 U.S. companies that met SRI criteria performed comparably to the S&P 500, which indexes 500 major U.S. corporations."

"The point is that SRI is a paradigm shift and we're eagerly working to spread



By investing with companies supporting noble causes, you can help create change in the world. ISTOCK IMAGES

the news," says Vendette. "We know that this new approach will continue to transform how we have traditionally invested in companies."

And ultimately, we hope that this will contribute to more sustainable corporate practices."

To find out more about socially responsible investing, speak to your financial advisor.

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Baseball

Champion Fish feted before feasting on Lemurs

It is music to a Winnipeg sports fan's ears — the Winnipeg Goldeyes are defending champs.

In celebration of their 2012 American Association championship crown, the Winnipeg Goldeyes organization pulled out all the stops in its 2013 home opener at Shaw Park on Monday night.

And the fans came out to congratulate their hometown team as the city's downtown ballpark was packed to the hanging bunting with a capacity 7,886 jubilant supporters.

Following the presentation of championship rings to field manager Rick Forney by Winnipeg Mayor and Goldeyes president and CEO Sam Katz, recent retirees Ace Walker, Brian Beuning, Chris Salamida, and Zach Baldwin walked the team's title banner to centre field where it was hoisted 50 feet into the St. Boniface skyline to a fusillade of fireworks in the daylight.

A military marching band for the national anthems, followed by a Hercules flyover set the stage for a near-perfect evening at the park.

The Fish did their part as well, handing the previously undefeated Laredo Lemurs their first loss of the season, 4-1. Winnipeg starter Matt Kusch allowed one run on four hits in six complete to improve to 3-0.

The winning runs came off the bat of Tim Smith, who painted a two-run double down first-base line in the bottom of the sixth.

Winnipeg remains atop the North Division at 9-2.

DARRIN BAUMING/FOR METRO

Bickell's goal gets Hawks out of pickle

NHL playoffs. Chicago scores 3 in 1st half of 3rd period to come back and force Game 7 against Detroit

Game 6		
4	3	
Blackhawks	Red Wings	

Bryan Bickell scored a go-ahead goal early in the third period and the Chicago Blackhawks held on to beat the Detroit Red Wings 4-3 in Game 6 on Monday night, giving the NHL's top-seeded team a shot to advance to the Western Conference final.

The Blackhawks, who trailed the second-round series 3-1, began the third down by one and were up by two goals midway through the period after an offensive flurry. They needed the cushion because Damien Brunner scored with 52 seconds left to pull Detroit within one.

The Red Wings pulled their goaltender, but they were unable to score with the extra skater.

Detroit carried a 2-1 lead into the third but Michal Handzus tied it in the opening minute of the final period. Bickell scored about five minutes later. Michael Frolik's backhander on a penalty shot at the 9:43 mark

put the Blackhawks ahead 4-2 and silenced the once-raucous crowd.

The Blackhawks will have the fans on their side Wednesday night in Game 7 against seventh-seeded Detroit.

Frolik became first player in league history to score two goals on penalty shots in the playoffs, according to STATS LLC.

Frolik got a penalty try when he had a breakaway after blocking Carlo Colaiacovo's shot and was hacked by him from behind. He took advantage by scoring easily on Howard's glove side.

Detroit goalie Jimmy Howard was irate, screaming at an official while the Blackhawks celebrated their comeback.

Chicago's Corey Crawford made 35 saves and Howard stopped 24 shots for the Red Wings.

The Blackhawks sent the series back to Detroit with a 4-1 victory in Game 5 on Saturday night, and then jumped in front on Marian Hossa's goal in the first. But Patrick Eaves tied the game later in the period and Joakim Andersson put the Red Wings up 2-1 with a long whizzer 10:11 into the second period.

THE ASSOCIATED PRESS



The Blackhawks celebrate Michael Handzus' goal on Red Wings goalie Jimmy Howard on Monday night in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

Shades of '92: Jays bash away at Braves



Jose Bautista is greeted by Melky Cabrera after scoring a run against the Braves on Monday night in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

Edwin Encarnacion hit a three-run homer while Colby Rasmus and J.P. Arencibia each hit two-run shots as the Toronto Blue Jays opened a home-and-home series with Atlanta by defeating the Braves 9-3 on Monday.

Mark Buehrle (2-3) was solid through six innings for the Blue Jays (22-29), with one earned run allowed on five hits, two walks and six strikeouts.

Tim Hudson (4-4) also went six for the Braves but his pitching line wasn't so flattering.

The right-hander gave up six runs on eight hits with just one strikeout.

He was replaced in the seventh by reliever Cory Rasmus,

Colby's brother, who made his second major-league appearance and lost points in the sibling rivalry.

Cory Rasmus gave up a ground-rule double to Melky Cabrera, walked Jose Bautista and watched Encarnacion send the first pitch over the fence for his 14th homer of the year for a 9-1 lead.

Colby Rasmus also got some family bragging rights after the Blue Jays centre-fielder doubled off his brother later in the inning. THE CANADIAN PRESS

On Monday		
9	3	
Blue Jays	Braves	

4
SPORTS

A boot to have their limits tested



Canadian women's captain Hayley Wickenheiser speaks to reporters in Calgary on Monday before the national team left for a three-week boot camp in Penticton, B.C. JEFF MCINTOSH/THE CANADIAN PRESS

Into the wild.

Canadian women embark on three-week boot camp in preparation for 2014 Winter Olympic season

Jenelle Kohanchuk wondered if she would really need bear spray. Caroline Ouellette armed herself with swimming lessons.

The 27 Canadians chosen to try out for the 2014 Olympic women's hockey team departed Monday for Penticton, B.C., where they will be pushed to their breaking points at a three-week boot camp.

The 16 who have already experienced pre-Olympic boot camps know their physical and

mental limits will be tested.

The rest, like Winnipeg's Kohanchuk, are about to find out what the veterans know.

"They've scared me, but at the same time, they're preparing me," the 23-year-old forward said. "They just said that I'm going to be exhausted and sometimes I might get left in the woods, but I think they're just trying to scare me."

"I am kind of nervous because you need to bring bear spray. I just hope it's not actually like that. I'm excited at the same time, but nervous because I don't want anything bad to happen."

Head coach Dan Church and assistants Lisa Haley and Danielle Goyette haven't told the players what is in store in Penticton.

Boot camp has been a part of the women's Olympic prep-

Pushing boundaries

"You get to see people, teammates in their every day life under fatigue and adversity and that's really when the true character and personalities come out."

Five-time Olympian Hayley Wickenheiser

NHL PLAYOFFS CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh wins 4-1)

BOSTON (4) VS. N.Y. RANGERS (6)

(Boston wins 4-1)

WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Detroit leads 3-2)

Monday's result

Chicago at Detroit

Wednesday's game

X-Detroit at Chicago, 8 p.m.

LOS ANGELES (5) VS. SAN JOSE (6)

(Series tied 3-3)

Sunday's result

San Jose 2 Los Angeles 1

Tuesday's game

San Jose at Los Angeles, 9 p.m.

X — if necessary

NBA PLAYOFFS CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS INDIANA (3)

(Miami leads 2-1)

Sunday's result

Miami 114 Indiana 96

Tuesday's game

Miami at Indiana, 8:30 p.m.

Thursday's game

Indiana at Miami, 8:30 p.m.

Saturday's game

X-Miami at Indiana, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (2) VS MEMPHIS (5)

(San Antonio leads 3-0)

Monday's result

San Antonio at Memphis

Wednesday's game

X-Memphis at San Antonio, 9 p.m.

Friday's game

X-San Antonio at Memphis, 9 p.m.

X — if necessary.

MLB AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	30	19	.612	—
Boston	31	20	.608	—
Baltimore	28	23	.549	3
Tampa Bay	26	24	.520	4½
Toronto	21	29	.420	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	29	20	.592	—
Cleveland	27	23	.540	2½
Chicago	24	24	.500	4½
Kansas City	21	27	.438	7½
Minnesota	20	28	.417	8½

WEST DIVISION

	W	L	Pct	GB
Texas	32	19	.627	—
Oakland	29	23	.558	3½
Los Angeles	23	27	.460	8½
Seattle	22	29	.431	10
Houston	15	36	.294	17

MONDAY'S RESULTS

St. Louis 6 Kansas City 3

Houston 3 Colorado 2 (12 inn.)

Tampa Bay 10 Miami 6

Oakland 4 San Francisco 1

Detroit 6 Pittsburgh 5

Atlanta at Toronto

SUNDAY'S RESULTS

Toronto 6 Baltimore 5

Tampa Bay 8 N.Y. Yankees 3

L.A. Angels 5 Kansas City 2

Oakland 6 Houston 2

Chicago White Sox 5 Miami 3

Seattle 4 Texas 3 (13 inn.)

Boston 6 Cleveland 5

Detroit 6 Minnesota 1

TUESDAY'S GAMES — ALL TIMES EASTERN

Atlanta (Maholm 6-4) at Toronto (Morrow 2-3), 12:37 p.m.

Colorado (De La Rosa 6-3) at Houston (Lyles 2-1), 2:10 p.m.

Pittsburgh (Gome 2-0) at Detroit (Porcello 2-2), 7:08 p.m.

Philadelphia (Lee 5-2) at Boston (Dempster 2-5), 7:10 p.m.

Miami (Slowey 1-5) at Tampa Bay (Hellickson 2-2), 7:10 p.m.

St. Louis (Lyon 1-0) at Kansas City (Sanchez 3-4), 8:10 p.m.

San Francisco (Kictham 0-0) at Oakland (Parker 2-6), 10:05 p.m.

eration since they held one in Valcartier, Que., prior to the 2002 Games.

"This is where we set the stage for everything to happen in the next 10 months," said Kalli Quinn, Hockey Canada's director of female hockey.

In Dawson Creek, B.C., before the 2010 Games, they rock climbed, kickboxed, ran and rode their bikes through mountainous bear territory in addition to the usual skating and weight training sessions. For those who couldn't swim, the triathlon was terrifying.

"Swimming is just so not natural for me," said Ouellette. "I took a lesson this year because I honestly was one of the worst on the team and people made fun of me. I totally stink and I didn't want to be that person."

But there is a point to boot camp and it's not cruelty, according to Haley.

"That's definitely not the purpose, to be cruel in any way," she said. "What we really want to see them do is get to that limit and see if they can push that extra little bit beyond it." THE CANADIAN PRESS



Denver Broncos QB Peyton Manning
GETTY IMAGES

MLB

Rivera bridges Bronx-Queens gap

Mariano Rivera wasn't prepared for the question. He didn't have a baseball, so a man wearing a Mets cap tossed him a pristine ball, and the great closer happily showed off the grip that has made him the major league's saves leader.

There was no rivalry among this group, just plenty of gratitude.

Rivera met with a small group of Mets fans and employees in the Jackie Robinson Rotunda at Citi Field on Monday before the first game of this year's Subway Series as part of his farewell tour. He has been getting together with people at each ballpark the Yankees visit this year after announcing in March his plan to retire at the end of the season.

"Playing here for so many years against each other, I mean, we had some good times, and some tough losses here. But at the same time, I mean, it's been great," Rivera said. "They've always been respectful and appreciate what we do."

THE ASSOCIATED PRESS

NFL. Manning still has a lot to prove to retire questions about health

Peyton Manning sauntered over to the podium after his first full practice since the Denver Broncos' loss to Baltimore in the playoffs, weaving his way through all the outstretched microphones, phones and bank of cameras.

Right out of the gate, somebody asked about his health.

"Yeah, I feel fine," he responded.

Next question.

Really, it's no longer about Manning's health but his hardness. He proved he could come back from a year's forced sabbatical. Now, he's out to show he can put it all together again and reach the Super Bowl he seemed so destined for by the time the playoffs rolled around last year.

Manning may be another year removed from those neck surgeries that were such a hot topic a year ago, but he's under just as much scrutiny heading into his second season in Denver.

The Broncos easily could have stood pat in the off-season, figuring like so many that their double-overtime upset loss to the Ravens in the divisional round was simply a fluke. THE ASSOCIATED PRESS



his final season in Indianapolis.

There's a Super Bowl or bust kind of buzz in Denver after John Elway added Wes Welker, Louis Vasquez and Montee Ball this off-season to Manning's already impressive supporting cast.

The Broncos easily could have stood pat in the off-season, figuring like so many that their double-overtime upset loss to the Ravens in the divisional round was simply a fluke. THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Think big today. With so much activity in the mind area of your chart, your brain will be overflowing with ideas. Many of them will be good.

Taurus

April 21 - May 21

Venus, your ruler, links with Jupiter, planet of good fortune, in the money area of your chart today, which suggests good things if you think positive and act fast when an opportunity arises.

Gemini

May 22 - June 21

No matter how many serious issues you have to take care of, you must make time for some fun over the next 24 hours. There are so many great things going on in your world. Don't miss out on them.

Cancer

June 22 - July 23

You may be tempted to keep your thoughts to yourself because you don't want to rock the boat but you know that would be a mistake. If you see an injustice, speak up.

Leo

July 24 - Aug. 23

Push work worries to the back of your mind and focus on friendships. You cannot escape your obligations but neither do you have to let them rule your life. Think happy thoughts and happy things will occur.

Virgo

Aug. 24 - Sept. 23

Whatever it is you have to work on today, you will be at your most efficient. Not everyone is as organized and focused as you though so try to be patient with those who find it hard to keep up.

Libra

Sept. 24 - Oct. 23

Someone you work with will get on your nerves today but be tolerant because they possess something you need. It's unlikely they will choose to give it to you if you hurt their feelings.

Scorpio

Oct. 24 - Nov. 22

Don't worry too much about the injustices of the world because you cannot possibly resolve them all. What you can do though is be kind to people you meet one-to-one. Even a smile makes the world better.

Sagittarius

Nov. 23 - Dec. 21

Don't listen to that nagging voice at the back of your mind that is trying to convince you that having fun is a sin. Life is about loving and laughing and learning. Have more fun.

Capricorn

Dec. 22 - Jan. 20

Do something that shakes up those people who seem to have slipped into an easygoing mode of thought and action. There is a world out there waiting to be conquered.

Aquarius

Jan. 21 - Feb. 19

Your conscience demands that you follow a certain course of action and you know from long experience that if you don't obey, you will regret it later. Do what has to be done and make sure you do it well.

Pisces

Feb. 20 - March 20

You may want to gossip today but keep what you know to yourself. If you get a reputation as a bit of a blabbermouth, no one will tell you anything.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Canuck financial inst.
4. '70s sitcom starring Don Rickles, "___ Sharkey"
7. Ancient philosopher
12. Leandro's beloved
13. Metal band of "Run to the Hills": 2 wds.
15. Water between PEI and NB/NS, ___ Strait
17. Tedium
18. Mark from hail damage
19. Calendar's period
21. Surgically-inserted 'tubes'
23. ___-tongued
25. Tina Turner's birth name, Anna ___ Bullock
26. Head, in Hull
27. Moviedom's Jack Sparrow, for one
29. Plane's take-off info
30. Reprimand
32. Bluegrass instrument
34. Gets around, as an issue
36. ___-Anne-des-Monts, Quebec
38. Feudal lord
39. Johnny Depp's role in movie "The Lone Ranger"
40. Insect immobilizer
41. Walked confidently
44. Commercial, e.g.: 2 wds.
48. Ball

Down

49. Cooking fat
50. Ground sesames paste
52. Actress Ms. Phillips
54. Father of Manitoba
56. Mails
57. Gothic church's architectural support: 2 wds.
60. Aristocratic headwear at races or weddings
61. Riddle-me-___
62. Followers
63. Snazzy stone
64. Yeps
65. In agreement, as with a project: 2 wds.
67. "Sit down already!" : 2 wds.
68. Rap music's Kim
69. Meat Loaf's birth name, Marvin Lee ___

sification)

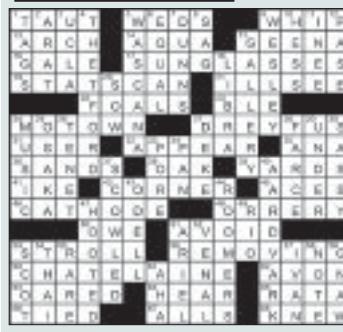
5. Ceremonial magnificence
6. In agreement, as with a project: 2 wds.
7. "Sit down already!" : 2 wds.
8. Rap music's Kim
9. Meat Loaf's birth name, Marvin Lee ___

Canada themed program, "Land ___"

47. Slangy insults
51. Stars sci.
53. Wall St. landmark, commonly
55. Minstrel's pear-shaped instrument
58. Freezer tray content
59. Mr. Cruise



Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	1	4	3	6	8	7	9	5
6	8	9	1	7	5	3	4	2
7	3	5	9	2	4	8	6	1
9	7	8	4	1	6	5	2	3
1	5	3	2	8	9	6	7	4
4	6	2	7	5	3	1	8	9
5	9	7	6	4	1	2	3	8
8	4	6	5	3	2	9	1	7
3	2	1	8	9	7	4	5	6

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 19°
MIN: 12°



MAX: 21°
MIN: 14°



MAX: 22°
MIN: 11°



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